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ANNE RICE IS CHARMING, BUT SHE WRITES TERRIFYING BOOKS. PAGE 16



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Wednesday, October 16, 2013 www.metro.us | t: MetroNewYork | f: MetroNewYork



Twin Towers tribute

PAGE 08

Banksy painted a tribute to the 9/11 attacks in Tribeca yesterday as part of his residency in New York. / BESS ADLER, METRO

De Blasio, Lhota swap blows in first debate

Come out swinging. Bill de Blasio and Joe Lhota had sharp words for each other in last night's mayoral debate. **Issues talk.** The two candidates attacked each other on their policies and visions for the city. PAGE 02

**Harry Potter
as a beat poet?
It's a gas!**

PAGE 15

**Inside the odd
hipster exodus
to Westchester**

PAGES 20-21



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Across

4. An excellent source of carbohydrate and comes in lots of different shapes, often served with a meat or cheese sauce (5)
5. Cheddar, Red Leicester and Brie are just some varieties of this food (6)
6. Packed with calcium, what substance is normally pasteurised before it can be consumed (4)
7. There are lots of them - A, B, C, D and more - they're found mostly in fruit and vegetables, and they're very good for you (8)
8. Vegetarians don't eat this (4)
10. A red summer berry, delicious when served with cream or ice cream (10)
11. Along with vegetables you should eat five portions a day (5)
13. This drink is usually made with fruit, it quenches your thirst (5)
14. Eating plenty from the right food groups helps you stay this way (7)
2. Usually the first meal of the day (9)
3. It helps keep your bones, teeth and nails healthy and milk, cheese and other dairy products have lots of it (7)
5. Breakfast food, served with milk (6)
7. A squash is one, as is an artichoke or capsicum (9)
9. This word comes before meg and after pea (3)
11. Pollock, baramundi and puffer are types of this (4)
12. Milk, cheese and yoghurt all belong to this food group (5)

Down

1. One of these a day is said to keep the doctor away (5)

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3. On average, how much longer will a man who's never smoked live than a man with a pack-a-day habit?
4. How many hours of sleep do teens need per night?
5. How many lives can you help save with a single blood donation?



1

NEWS

Top 3

What's trending online at Metro.us

1 'The 12 biggest stories since the Boston Marathon bombings'

2 'What is the Nexus 5? Five rumors on upcoming smartphone'

3 VIDEO: Lightning strike nearly misses teen's fishing boat'

Quoted

"We know that people that have used tanning salons — especially people who started young — are at risk for having skin cancer and melanoma."

Jennifer Stein, assistant professor of dermatology at NYU Langone



Joe Lhota and Bill de Blasio went head to head in the first of three debates on the road to becoming the New York City mayor. / GETTY IMAGES

De Blasio, Lhota spar in round one

Rivals. Democratic candidate Bill de Blasio and Republican Joe Lhota faced off for the first time in the race for mayor.

"I think Mr. Lhota should be straight-up with us about the fact that he does subscribe to the national Republican Party," de Blasio said in one of the first slams during yesterday's debate.

"Do not lump me with the national Republicans. It's unbecoming," Lhota replied, noting he supports marriage equality

and is pro-choice.

Lhota, former MTA chairman, spent much of the debate fielding attacks from de Blasio about connection to the Tea Party.

Though the candidates agreed on the major issues facing the next administration — such as housing unaffordability and education — their solutions fell into party lines.

Lhota and de Blasio agreed unused property could be turned into more affordable housing units, but the former doesn't support mandatory inclusionary housing.

To close the achievement gap in city schools, Lhota said he would increase training for teachers, while de Blasio said this issue should be ad-

Democratic hopeful

"We need progressive change — we don't need Republican trickle-down economics or Tea Party extremism." De Blasio

Republican hopeful

"I can be mayor on day one without any training, without any learning curve whatsoever."

Lhota

dressed by focusing on the student themselves, taking an opportunity to tout his plan for universal pre-K.

Though he denied Lhota had more experience managing a large budget,

de Blasio repeatedly mentioned Lhota's time as deputy mayor for Rudy Giuliani, painting himself as the candidate for "real progressive change."

Lhota attempted to hijack this message in his remarks while defending his time under Giuliani.

"This election is not about the past," Lhota said, before reminding viewers of his name.

ANNA SANDERS
anna.sanders@metro.us

In Queens



The suspect / NYPD

Girl, 12, sexually assaulted

Police are searching for a man they say lured a 12-year-old girl into his vehicle and committed a criminal sex act on Sunday.

The suspect approached the victim near the corner of Lincoln Street and 116th Avenue in South Ozone Park at about 2:30 p.m., police said. He then had her enter his car.

Once inside the vehicle, the suspect committed a criminal sex act. LAURA SHIN

Gun crime

Man shot on Upper West Side

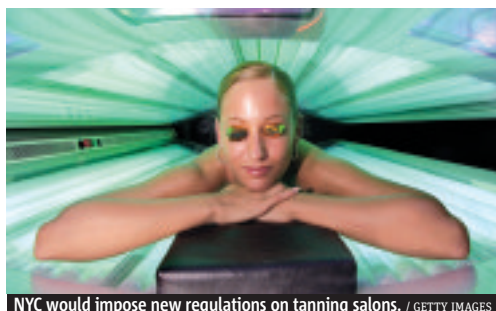
A 45-year-old man was critically injured in a shooting near West 88th Street and Amsterdam Avenue around 12:34 a.m., police said.

He was shot three times before he hailed a cab and took himself to St. Luke's Hospital.

Police said he was in critical but stable condition.

DANIELLE TCHOLAKIAN

NYC seeks indoor tanning oversight



NYC would impose new regulations on tanning salons. / GETTY IMAGES

The city's health department would assume oversight of the indoor tanning industry from the state under rules proposed yesterday.

If enacted, the city would begin to enforce a state law barring New Yorkers under 17 from salons and increase regulation and public awareness of the risks associated with indoor tanning.

Doctors applauded the proposal, citing health risks from indoor tanning, like skin cancer and melanoma.

"It's not enough to have the law," Jennifer Stein, assistant professor of dermatology at NYU Langone, said of the state's age restriction. "We have to make sure the law is being enforced."

After public hearings and a vote, the rules could go into affect as early as next spring.

The American Suntanning Association said they support the plan.

Jan Meshon, owner of Union Square's City Sun, agreed with the proposals, but said some risks of indoor tanning are "blown out of proportion." ANNA SANDERS

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The girl was arrested after a witness saw her throw the kitten into traffic. / COLOURBOX

Girl, 12, arrested for killing kitten in Ozone Park

Cruel behavior. The girl allegedly threw a kitten into traffic.

Animal rights activists are outraged at reports that a 12-year-old girl in Queens intentionally killed a kitten last month.

And apparently authorities are as well.

After a call was made to the ASPCA's Humane Law Enforcement department by a witness, the ASPCA launched an investigation.

The incident allegedly occurred on Sept. 11 at the intersection of 102nd Street and 101st Avenue in Queens.

The preteen is accused of throwing a cat into traffic. ASPCA officials said the cat died after be-

Consequences

The NYPD and the ASPCA launched a pilot program in the Bronx that has the NYPD responding to animal cruelty complaints.

- In the other four boroughs, the ASPCA's Humane Law Enforcement peace officers still respond to those reports for now.

Disturbing

"The callousness demonstrated in this case is certainly disturbing."

Stacy Wolf

ing hit by a car.

The girl was arrested by New York state peace officers on Oct. 10 and brought to the nearby NYPD police precinct. She was charged with one count of aggravated animal cruelty and given a Family Court summons.

"We can only hope that this young lady takes responsibility for her actions and understands that cruelty to animals will not be tolerated in our society," said Stacy Wolf, senior vice president of the ASPCA's Animal Cruelty Group.

Because she is a juvenile, the maximum sentence she faces is placement in a group home.



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Banksy's newest pays homage to the Twin Towers

Here today. The British artist paid respects in Tribute to the 9/11 attack.

Graffiti writers in the city have been increasingly quick to tag over Banksy's often quippy, cute works throughout the five boroughs, but they may hesitate before attacking his latest piece.

Banksy launched a city-wide "show" in New York for the month of October, titled "Better Out Than In."

Pieces have appeared in various neighborhoods, from Chinatown to East



The Banksy mural went up in Tribeca on Tuesday. / BESS ADLER, METRO

New York to Woodside.

One of his latest pieces, put up yesterday, is in Tribeca. It's a silhouette of the Twin Towers and the skyline that used to frame them, with an orange flower placed where the first plane hit on Sept. 11, 2001.

The edges of the flower

appear burnt from the black paint used for the towers, suggesting this piece may have been crafted around the flower, as Banksy's often plays off a preexisting element.



DANIELLE TCHOLAKIAN
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Winged friends return to the AMNH

The Butterfly Conservancy at the American Museum of Natural History is open again and will run through May 26, 2014. The exhibit has a vivarium containing several types of butterflies, as well as exhibits on metamorphosis, conservation and how to grow a butterfly garden. / GETTY IMAGES

Public safety

Police officers union suing City Council

The Patrolmen's Benevolent Union is suing the City Council on the grounds that their anti-profiling bill has overstepped the bounds of their authority.

PBA spokesman Al

O'Leary noted that that officers' union has a particular stake in this issue, as the officers are the ones that are out on the streets of the city conducting stops, making arrests and issuing summons.

"They're the ones in the crosshairs of these bills," O'Leary said.

DANIELLE TCHOLAKIAN

The Flatlands

Teen dies after shooting

A young man was shot to death in Brooklyn on Monday.

The 18-year-old, who has not yet been identified, was found with a gunshot wound to the back in the Flatlands neighborhood, police said. ANNA SANDERS

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Fiscal negotiations stumble in Congress as deadline nears

GOP. Many polls show Republicans have taken a hit in opinion polls since the standoff began.

Stop-start negotiations to end the U.S. fiscal impasse left congressional leaders and President Barack Obama desperately searching yesterday for a way to reopen the government and raise the country's debt limit ahead of a deadline tomorrow.

Fitch Ratings warned it could cut the sovereign credit rating of the United States from AAA citing the political brinkmanship over raising the federal debt ceiling.

Fitch's action emphasized how close to an



The U.S. Treasury Department used the credit rating downgrade threat to press Congress. / GETTY IMAGES

Progress

Obama believes fiscal impasse will be resolved

President Barack Obama, in an interview with New York's WABC television, said movement toward a bipartisan deal in the Senate leads him to believe progress is being made.

"My expectation is it does get solved but we don't have a lot of time," he said.

He added he had been cautioning lawmakers, "Let's not do a lot of posturing, let's not try to save face, let's not worry about politics."

House plan

The new plan from House Republicans:

- Would not include a previous effort to delay a tax on medical devices that would be used to pay for Obama's healthcare plan. Obama

had objected to that proposal.

- Would only provide government funding until Dec. 15. The Senate, would keep the government open longer, until January 15.

economically damaging default Washington has come and sent U.S. stock futures lower.

Republicans in the fractious House of Representatives said they would try a new approach after their first attempt crash-landed yesterday. But differences with an emerging Senate proposal could complicate prospects for final passage before Oct. 17, when the U.S. Treasury

says the government will reach its borrowing limit.

The first alternative plan from House Republican leaders failed to gain enough support in a closed-door morning meeting for the House to proceed. The disarray raised questions about what the House will ultimately be able to pass and stoked 11th-hour uncertainty.

REUTERS

Quoted

"We're going to continue to work with our members on both sides of the aisle to try to make sure that there is no issue of default, and to get our government reopened."

House Speaker John Boehner

Markets

-60

After the Fitch announcement, Dow Jones industrial average futures sank 60 points and Nasdaq 100 futures fell 7.5 points.

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Tablet. New iPads anticipated at Apple event set for Oct. 22

Apple Inc. next Tuesday is expected to introduce a new lineup of iPads that will compete with the latest tablets from Amazon Inc. and Samsung Electronics, amid pressure to preserve market share.

The company sent out invitations to media yesterday for the Oct. 22 event that read, "We still have a lot to cover" and sported a close-up, half-view of Apple's logo. The usual stylized, elliptical apple-stalk is replicated and scattered throughout

an attached image in multiple hues.

New versions of the iPad, which will go up against Amazon.com's latest Kindle Fires and gadgets made by Samsung, are expected to feature lighter, thinner designs and more powerful processors. The iPhone maker has come under pressure over the past year to preserve market share and bolster sales against rivals that are rapidly raising capabilities and lowering prices.

REUTERS



News of the event was first reported by AllThingsD. / GETTY IMAGES

Libyan al Qaeda suspect appears in court in NY

Info. It is unclear what intelligence, if any, the interrogators managed to extract after his capture.

An alleged senior al Qaeda figure pleaded not guilty in federal court yesterday to allegations he was involved in the 1998 bombing of the U.S. embassy in Kenya.

The appearance of Nazih al-Ragye, better known as Abu Anas al-Liby, comes 10 days after a U.S. Army squad captured him in Tripoli and sent him to a U.S. Navy ship in the Mediterranean Sea for interrogation.

Al-Liby, wearing loose white sweat pants and a



Abu Anas al-Liby / GETTY IMAGES

black sweatshirt, had his hands cuffed behind his back as he appeared in the federal court in New York. The court was packed with reporters and federal agents.

Upon arrival in the United States, al-Liby be-

Risky raid

Last week, U.S. officials said one of the principal reasons U.S. Delta Force commandos staged a risky raid to capture al-Liby at his Tripoli residence was so the United States could gather intelligence from the former senior operative of the core al Qaeda organization founded by Osama bin Laden.

came subject to the rules of the civilian American court system. That means he can no longer be interrogated without being advised of his constitutional right to avoid incriminating himself, the official said.

REUTERS

New report

Amazon partners with HTC to make smartphones

Amazon.com is developing smartphones with HTC Corp., putting it in a position to compete with Apple Inc. and Google Inc., the Financial Times reported.

One device is already in an advanced stage of development, the paper reported, citing a source. However, another source said Amazon may decide not to release it, according to the paper.

The device is likely to be launched in 2014 if Amazon decides to proceed with the project, the newspaper said.

Amazon and HTC could not be immediately reached for comment.

Speculation that Amazon will launch its own mobile devices has been around for years.

REUTERS



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Two girls arrested in Fla. online bullying death

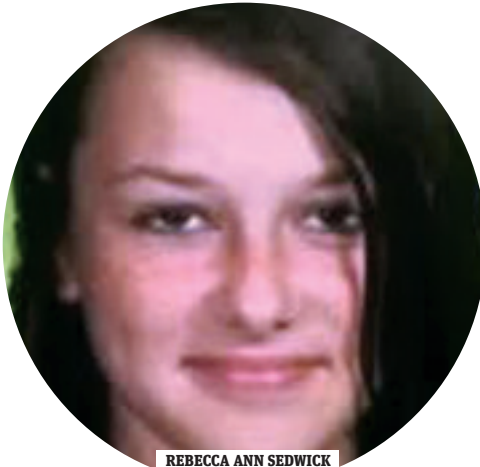
Investigation.

Several more girls are believed to have been involved in cyberbullying.

Two girls, ages 12 and 14, have been charged with felony aggravated stalking for what a Florida sheriff described yesterday as "maliciously harassing" a 12-year-old girl who jumped from a tower to her death.

The middle school students were booked into a juvenile detention center on Monday night and released to their parents under house arrest, Polk County Sheriff Grady Judd said.

The two "repeatedly and maliciously harassed" Rebecca Ann Sedwick, who became so despondent that she climbed a tower at an



REBECCA ANN SEDWICK
FACEBOOK

Posted online

"Yes, I bullied Rebecca and she killed herself but IDGAF," an acronym meaning "I don't give a f—."

The 14-year-old posted online Saturday

The sheriff said his office decided to go ahead with the arrests after this post.

abandoned cement plant and jumped to her death on Sept. 9, Judd told a news conference in Winter Haven, Florida.

Sedwick was targeted because she had dated the 14-year-old defendant's boyfriend, the sheriff said.

"These are the two primary harassers. They are the two stalkers. They are the two bullies," he said.

The two called Sedwick names, intimidated her, threatened to beat her up and engaged in at least one physical fight with her, the sheriff said.

They sent online messages calling Sedwick "ugly" and telling her: "You should drink bleach and die," "Nobody likes you" and "You should go kill yourself," Judd said.

He said their treatment of Sedwick was "a contributing factor" in her suicide, and the stalking was a felony charge because of Sedwick's age. **REUTERS**

Despite ban. NC official accepts same-sex marriage applications

A North Carolina official accepted marriage license applications yesterday from 12 same-sex couples — an unprecedented move in the U.S. South that advocates hoped would spur others to challenge state bans on such weddings.

Drew Reisinger, the elected register of deeds for Buncombe County, which includes Asheville, did not immediately issue

the licenses as two local officials in New Mexico and Pennsylvania have done.

But he questioned the legality of North Carolina's prohibition against same-sex marriages in light of the U.S. Supreme Court decision in June that struck down a key part of the 1996 Defense of Marriage Act denying benefits to same-sex married couples. **REUTERS**

Once bitten

Ohio man pleads not guilty to selling exotic animals

An Ohio man whose home was stacked "floor to ceiling" with more than 100 snakes, including some venomous vipers, pleaded not guilty to

a charge of illegally selling dangerous animals, a court administrator said.

Joseph McCollum, 46, and his 45-year old girlfriend Michelle Barrett, were arrested Friday in Struthers, Ohio, after he went to a hospital, saying he had been bitten by a venomous rattlesnake. **REUTERS**



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Justices to hear challenge to Obama on climate change

Embattled EPA.

The court hears arguments against new regulations.

The Supreme Court yesterday dealt a blow to the Obama administration when it agreed to hear a challenge to part of the Environmental Protection Agency's first wave of regulations aimed at tackling climate change, thus setting up one of its biggest environmental cases in years.

But judges left intact the agency's clean-car standards and its authority to regulate carbon emissions in agreeing to consider a single question of the many presented by nine different petitioners.

REUTERS



The debate rages on. / GETTY IMAGES

GHG emissions

The question concerns whether the EPA correctly determined that its own decision to regulate greenhouse gas emissions from motor vehicles automatically gave it the authority to regulate emissions from stationary sources.

- A federal appeals court in Washington upheld the rules, issued by the EPA under the Clean Air Act, in 2012. The regulations allowed for GHG emissions from a wide range of sources to be regulated for the first time.
- By agreeing to hear various legal claims raised by states and business groups, the court could be getting set to limit the reach of its important 2007 ruling, Massachusetts v. EPA.
- That was the ruling in which it held on a 5-4 vote that carbon was a pollutant that could potentially be regulated under the Clean Air Act.

Jet setter. Kerry's personal diplomacy piles up the miles

By the numbers

34

Kerry already surpassed Clinton's figures, flying 213,028 miles since only February to 34 countries over 107 days as a surge in talks over Syria's civil war and renewed Middle East peace negotiations helped take him the equivalent of eight and a half times around the world.

214K

If he keeps up his current pace, Kerry might also eclipse Condoleezza Rice, who chalked up 214,000 miles in her first year as secretary of state in 2005.

a typhoon.

At the end of a grueling 13-day trip to Southeast Asia, Europe and Afghanistan, John Kerry is already building a reputation for globe-trotting to rival that of predecessor Hillary Clinton, who was one of the most-traveled U.S. secretaries of state.

Clinton launched into her role as the top U.S. diplomat after losing the Democratic presidential nomination in 2008, piling up huge numbers of air miles.

Part of the heavy travel load comes with the job. But much of it is pure Kerry, whose penchant for what aides describe as "personal diplomacy" is all about face-to-face encounters with foreign leaders.

The 69-year-old former senator made an unannounced visit to Kabul last week for one-on-one talks with President Hamid Karzai after scrapping plans to visit the Philippines due to

Kerry has some way to go to catch up with Clinton's overall travel total. The former secretary of state ran up a total of 956,523 miles, visiting 214 countries between 2009 and 2012. REUTERS

Public assistance

Wages not enough for most fast-food workers

More than half of low-wage workers employed by the largest fast-food restaurants earn so little that they must rely on public assistance to get by, according to a study.

This ends up costing U.S. taxpayers billions of dollars a year, the study said. Data from the

U.S. Census Bureau and public benefit programs show 52 percent of fast-food cooks, cashiers and other "front-line" staff had relied on public assistance. REUTERS



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2

CULTURE

Twitter feed

We check in with some of Hollywood's biggest names to see what they've been up to — in their own words, in 140 characters or fewer.

Today, Dwayne Johnson is rallying the troops, John Stamos is noticing a trend and Whitney Cummings doesn't feel comfortable.

@TheRock: My team, entire production & fellow actors.. Been a long 6 months. Fight the fatigue & finish strong. 2 days left. #ProudOfU #HERCULESMovie

@JohnStamos: Is it my imagination or a lot of movie actors that don't work in movies anymore SPRINTING to television?

@WhitneyCummings: I do not want to make love in this club



Is this where it began? Colin Powell, Jamie Foxx, Ellen DeGeneres, Katie Holmes and Pharrell Williams performed at the fourth annual Apollo 11 in the Hamptons Benefit in August.

ALL PHOTOS GETTY IMAGES

Katie Holmes and Jamie Foxx are a thing

Well, this is weird. Life & Style reports that Scientology-escapee Katie Holmes is currently dating Jamie Foxx. What's even weirder is that the magazine says Foxx is Tom Cruise's former best friend. Really? Since when? How did I miss that bromance?

Anyway, back to the dish. "Katie and Jamie have been dating for a while," a source told the magazine. The two were caught holding hands and dancing together in August in the Hamptons and now Foxx has been spending time at Holmes' New

York apartment. "They're very 'Mission: Impossible' about their romance."

Nice dropping the name of one of Cruise's franchises into this item, source! Doesn't Foxx know that this coupling is "Risky Business"? Holmes should know that "A Few Good Men" — ones who aren't close to her ex — are still out there. It's bad to pick a lover who will cause a "War of the Worlds" between friends. [Ed note: Yo, Life & Style, call me next time you need a source to make bad puns. I can make it "Rain, Man."]

Talking points

'Walking Dead' crushes ratings

Did you catch the premiere of "The Walking Dead" Sunday night? If not, you were the only one. And I mean that pretty much literally. Season 4's premiere saw 16.1 million viewers tuning in; it had an 8.2 rating among adults 18-49. That is a lot of industry mumbo-jumbo

which translates to AMC's zombie drama bringing in stronger ratings than Sunday Night Football, which is bonkers. Bonkers!

Cyrus dating Rolling Stone heir, Wenner

It looks like Miley Cyrus has gotten over her ditched engagement to Liam Hemsworth pretty



DOES MILEY CYRUS HAVE HER EYES (AND TONGUE) ON THIS GUY?

quickly, as the "Wrecking Ball" singer is reportedly smitten with Rolling Stone magazine heir

Theo Wenner, according to Radar Online. "She's definitely dating him," a source says. "Miley

talks about how hot Theo is and how nice he's been to her. She's definitely completely in lust with him." Cyrus even reportedly made time for Wenner while launching her new album, "Bangerz," in New York last week. "He didn't come to the release party, but she snuck out at one point and went and met him at the Plaza," the source says. "She said she's never met anyone as sweet as Theo."

Amy Poehler and Tina Fey: Two more years! Two more years!

Whoohoo!

Amy Poehler and Tina Fey, who crushed it at the 2013 Golden Globe Awards, will take not one, but two victory laps. They'll host next year's Globes and following, too.

The Hollywood Foreign Press made the dreams of a nation come true with

this tweet: "Tina Fey and Amy Poehler to return as hosts of the 71st Annual Golden Globe Awards, and the 72nd in 2015. #Television #actors #love #beauty #rolemodels #truelove. Those last few hashtags were mine, in case you couldn't tell."

Two whole years! Just

think how much could change by then. Tina Fey could be running for president. Amy Poehler might be married to George Clooney. Both of them will probably learn to fly. Anything is possible. They're golden angels made of fairy dust and dreams.

MELINDA TAUB



THE WORD

Dorothy Robinson takes on the world of gossip.

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Like his other "Harry Potter" co-stars, Daniel Radcliffe has been busy with films that sell him as more than just a wizard. In "Kill Your Darlings," he takes on the role of Allen Ginsberg, the beat poet, shown in the film as a young man. The coming months also see him in a romantic comedy, "The F Word," and going darker with "Horns."

You and John Krokidas, your "Kill Your Darlings" director, have a collaborative relationship.

It's been one of the joys of doing this film. You know, I've worked with loads of directors, and he's the best director of actors I have worked with. He got a performance from me that I didn't know that I had in me. At the time I was really worried and nervous about it, and he had the ability to keep me calm and also to fire me up to do good work.

You're writing a script. Can you tell us about it?

Not particularly, just that it's a really dark comedy. I don't know that it would be ultimately the thing I would direct—I want to direct at some point, but

who knows if it would be that or not. It's a dark comedy about when friends outgrow each other. It's a similar story to this in the sense that one person has to cut someone off, basically, in order to live his own life.

What intrigued you most about Allen Ginsberg?

His confidence is so much intellectual and internal. In his inner life, he's so f—ing confident and so smart, and he is that, but that doesn't translate into his

outer life, into his interactions with people socially.

And so he wrote poems. What kinds of modern poetry are you into?

There's a great line in a Hold Steady song called "Banging Camp" that I love where he says, "I saw her at the party pit, she was shaky but still trying to shake it. Half-naked and three-quarters wasted, she was completely alone." It's a great line. ... I was listening to Eminem recently, and I can't think of an

DANIEL RADCLIFFE

The star known as Harry Potter becomes Allen Ginsberg in "Kill Your Darlings."

WAXING POETIC



WIREIMAGE

Wear it's at

I heard you wear the same clothing size as John Krokidas.

He can tell you that if he wants. [Laughs] Although he did tell me that he's a 28-inch waist. ... I have heard that one of this back-up suits is an old suit of mine. ... So if it all goes to s— tomorrow and he's in something with the buttons popping open ... it's because he's in a suit that I bought when I was 18.

American poet I like more from the last 50 years. The great thing about his stuff is you can just read it. You can just read it as a f—ing awesome hard-core poem. The levels of wordplay, frankly, is stuff that poetry professors couldn't dream of. I think it will become valid. Just as "Howl" did. There was no way that was taught in schools in the 1950s, but now it is.



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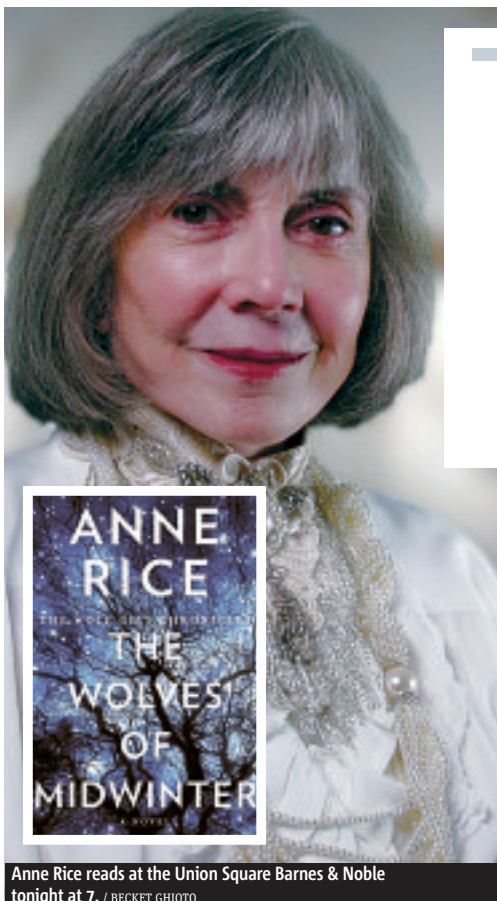
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ANNE RICE

The author is back with her latest, "The Wolves of Midwinter," and she's busier than ever.

THIS GIRL IS 'ON FIRE'



Anne Rice reads at the Union Square Barnes & Noble tonight at 7. / BECKET GHIOU

Anne Rice wrote about vampires decades before the "Twilight" trend, and now the queen of gothic fiction is releasing "The Wolves of Midwinter," the sequel to her popular 2012 book, "The Wolf Gift." Metro spoke with Rice about her work and pop culture's gothic renaissance.

What do you think of this huge resurgence of vampires, werewolves and the supernatural?
It's like horror fiction finally went mainstream. I think it's good; it means more and better authors are writing more and better books about supernatural entities and that's great. I think it's a golden age for us readers who love supernatural fiction and films and TV.

Will we see any of your work on TV any time

Quoted

"I think it's a golden age for us readers who love supernatural fiction and films and TV."

Rice, on the popularity of vampires, witches and ghosts in pop culture.

soon?

"Angel Time" has been optioned by CBS. I'm very excited about it.

Do you watch horror TV shows?

I enjoy "True Blood" because it's so different. I love watching that wonderful, fictional town of Bon Temps, La., come to life. I also love "Game of Thrones" — I'm a huge fan of that.

You've published 32 books since 1972. How has your writing changed over the years?

I feel that my writing gets cleaner and more con-

trolled over time. I enjoy it a little more now than ever.

You don't feel burnt out?

Good heavens, no. I'm on fire. I want to do two new books about ghosts and I don't have time to do to them. I've done the second book in the "Wolf Gift" series and the third with "Angel Time" and I want to go back and look at some of my older books. These two ghost ideas are driving me crazy. I've been trying to find the time for two years to put them down on paper.

Can you give us the scoop on these ghost stories?

I wrote about ghosts in "Serving the Bones" and I created a cosmology of ghosts that I want to continue. I want to write about a ghost in modern New York and a ghost in the old West.

What has been your favorite book to write?

"Christ the Lord: The Road to Cana." I think I was able to pull together something in that book that was just joyful and difficult and challenging and for me; it was very, very exciting.

What do you like to do for Halloween?

I like to stay right here in my house, opening the front door for itty bitty kids and smiling at them in a big witch's cap.

ANDREA
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Music. The CMJ Music Marathon began last night and the festival's showcase director has the best tips for the rest of the week.

As many as 1,400 artists will play for roughly 100,000 fans cramming into the city's biggest and smallest venues for the CMJ Music Marathon this week. Matt McDonald, CMJ's showcase director, has a big say in who plays when and where.

Of all the showcases that you put together, what are you most psyched for? On the smaller, up-and-coming side, I'm curious to see Panama Wedding. It's their first five shows, but there's a lot of talk about the band and the couple of songs I've heard have led me to believe that they could be one of the big buzz acts this year. ASTR and Wet are both on that list, as well. Wet are very new. They're sort of in the same electronic

pop, murky R&B world that's kind of a trendy sound. I like what I've heard online, but I have no idea what the live show is going to be like. As far as the clubs go, Planos will have a couple great bills this year. The French Kicks showcase on Thursday looks good. There's a daytime party on Wednesday that looks good [Kanine Records and SESAC's Trick or Treat Party]. It's got Joanna Gruesome, Beach Day. ... And, the Head and the Heart are playing on Thursday at the Music Hall and their record comes out this week. I think that's going to be a big one.

It's interesting how every year that I've gone to CMJ I will always spend time checking out the acts at little venues, but I usually steel myself for at least one big venue show. I kind of do that, too. I'm probably going to see Dismemberment Plan.

We have a story on them that's pegged to that show. They haven't done CMJ in a while. I think they last played CMJ in the late '90s. They might have even done



The Head and the Heart play Music Hall of Williamsburg tomorrow night as part of CMJ and are back in NYC at Terminal 5 and Webster Hall at the end of the month. / CURTIS WAYNE MILLARD

a CMJ show when I was booking the Knitting Factory, which was in 1998 and 1999. And, Savages coming back after a year is one of the interesting stories, just thinking about how they did Mercury Lounge last year and now they're doing Terminal 5.

Savages only had one single out at this point last year, but they were amazing live. Do you ever book somebody with a great demo who turns out to be horrible live? The famous one that we are kind of known for is Black Kids, back in 2007.

... They really had great tunes, but they hadn't played very many shows live. Everybody had heard these songs, everybody was talking about them. ... But if they had it to do over again, maybe they wouldn't have been quite so ready to play CMJ, just

because it was such a public display. And I think it's unfair because there was one-off performance, but they had other shows that were good.



PAT HEALY
pat.healy@metro.us

Bonus question

What's some sage advice you can offer for somebody who has a pass for the CMJ Music Marathon?

Keeping an open mind is important for anybody who's going to shows. If you can't get into [a packed show], then check out something elsewhere that you may not know.

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The most expensive property to hit the market this week is a penthouse at 21 E. 61st St. Marketed by Extell Development, this 9,742-square-foot condo offers five floors of space overlooking Central Park, plus 10,000 square feet of outdoor space.



Cheapest

\$268,157

The least expensive listing this week is a condo at 48 W. 138th St. Marketed by Rubicon Properties, this one-bedroom has been recently renovated with exposed brick, stainless steel appliances and hardwood floors.

StreetEasy.com is a New York-based real estate information portal that aggregates the most comprehensive set of sale and rental listings along with other useful info.



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A V A *High Line*

#AVAHighLine /AVAHighLine

How to do kitsch right

Interior design. Find out what tacky decor has in common with too much alcohol.

Kitsch is something that is tacky but appreciated for its excessive design, and it deserves a place in your home. We've got a few tricks to help you refine the cutesy, sometimes gaudy style into precious retro nostalgia that'll liven up your living space.

What exactly is "kitsch"?

Each of us has our own level of tackiness tolerance. "Kitsch to me is anything that straddles

the line between pure delight and absolute tackiness," says Jessica Scarlett, who owns the Etsy shop Kitsch Parade. "It can be over-the-top gaudy like a rhinestone-encrusted

Elvis bust or sentimental and sweet like a little blue kitten figurine with big eyes. It's bold colors, exaggerated features and a childlike whimsy."

Dani Beach, curator of the online shop and blog Itch for Kitsch, says, "I consider kitsch de-



ADD A WHIMSICAL FIGURINE TO YOUR DECOR.

JESSICA SCARLETT



According to Dani Beach of Itch for Kitsch, a kitschy room incorporates nostalgia. / DANI BEACH

cor to be a subcategory within eclectic decor. It is bolder, more unrefined and attention-grabbing. A kitschy room is filled with sentimental, nostalgic and personal items."

Create the right balance

Try to incorporate just a little bit of kitsch into your life at a time. "The key to avoiding too much is to keep a good balance between modern simplicity and kitschy elements,"

explains Scarlett. "I like to have large areas of solid color or a simple pattern to be a resting place between some of my wilder kitschy pieces — it also showcases the pieces even more when they are not competing with one another."

Know when to say "yes"

If a piece resonates with you, if it looks like the type of thing that you would enjoy seeing every

day, or if it just feels right, go ahead and buy it. But consider whether your new find will fit in among your layout. "The key to good kitsch decor is strategically placing items about the room instead of haphazardly clumping items together," says Beach. "Kitsch decor is like alcohol: In moderation, it lightens the mood. In excess, it makes the room spin."

JULIA WEST
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A V A

High Line



Real estate. The increased buzz over the river towns is bringing even more Brooklyn buyers.

Are hipsters still hipsters in the suburbs? That's a riddle many are trying to solve as more and more Brooklynites relocate to the river towns just north of the city in Westchester.

The towns — which include Hastings-on-Hudson, Dobbs Ferry, Tarrytown, Sleepy Hollow and Irvington — have long been popular among city-buyers looking to move to greener pastures. But, a recent wave of attention — including a New York Times piece headlined, "Creating hipsturbia" earlier this year — has generated even more interest.

In this month's Q-and-A, the brokers who work in these towns told us that residential activity is up almost 25 percent over the same time last year.

For more on which towns are doing best, we turn to our panel of experts.

Is Westchester's 'hipsturbia' hype real?

Broker Marcene Hedayati says the construction of the new Tappan Zee Bridge will have a major effect on housing in the river towns. / ISTOCKPHOTO

Chris Meyers

Managing principal,
Houlihan Lawrence

Are New Yorkers driving a lot of the activity in Westchester's river towns?

NYC is an important feeder market for all of Westchester County. The hipsters came to the river towns long before the New York Times referred to it as "hipsturbia." Nonetheless, that label created even more interest.

What sort of residential activity are you seeing and how does that compare to the last few years?

The market in the river towns is red-hot. Year-to-date, the number of homes sold has increased

by 24 percent when compared to the same period last year. A significant portion of the increase is in the \$1 million to \$2.99 million price range. Interestingly, many of the Brooklyn Heights and Park Slope buyers are

not looking for starter homes. These buyers have established careers and the financial means to trade up.

Why are Brooklyn transplants attracted to these river towns?

There's an eclecticism that's distinguished the river towns from neighboring Westchester County communities. Though prices are increasing, the river towns still offer homes in most price ranges, and buyers are not priced out of the area.

Pamela Eskin

Associate broker, Coldwell Banker Residential Brokerage, Dobbs Ferry

What are the biggest real estate challenges facing the Westchester river towns?

Right now, it's the limited inventory of for-sale properties. Just a few weeks ago, I listed a single-family home priced over \$1 million, and within a week I received four offers over the asking price.

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	2		\$27,270** - \$41,280
2 Bedrooms	2	\$1,101	\$33,060** - \$41,280
	3		\$33,060** - \$46,440
	4		\$33,060** - \$51,540
3 Bedrooms	4	\$1,263	\$37,890** - \$51,540
	5		\$37,890** - \$55,680
	6		\$37,890** - \$59,820
4 Bedrooms	6	\$1,416	\$42,480** - \$59,820
	7		\$42,480** - \$63,960
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*Starting rents/minimum income subjects per building available. **Minimum does not apply if you have a subsidy including Section 8, HASA, FEPS or EPVA

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2 Bedrooms	2	\$1,026	\$30,780** - \$41,280
	3		\$30,780** - \$46,440
	4		\$30,780** - \$51,540

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transplants more attracted to these river towns?

The communities are unpretentious and offer great value. The river towns are not status or class conscious. There is a tremendous sense of community. They also have an easy commute to the city and a small-town feel.

Alison Bernstein

President, the Suburban Jungle Realty Group

What are the biggest real estate challenges facing the Westchester river towns?

People hear the hype, but when they get there, they realize that it is, in fact, a suburb. Our city buyers are very focused on having a great "Downtown." They always like the idea of a more robust town center. We explain that regardless of how great your Downtown is, you will be physically all over with kids' activities, errands, etc. The [second challenge] is the home valuations. You just don't get a lot of land or house. Finally, the topography



More hip New Yorkers are ditching cramped apartments for the suburbs in Westchester. / DIGITAL VISION

of the land can be tricky because you're on the river — flatter backyards, are more difficult to come across in certain locations.

How important is the influx of hipster transplants?

Are hipsters still hipsters in the suburbs? The personality of the town is key and [these buyers] do impact it. It's the personality of the family that wants a more "laid back" suburban experience. In fact, most of these "hipsters" grew up

in highly competitive, well-to-do towns in the Tri-State Area and are doing well themselves; however, [they] do not want to raise their kids in a similar way.

Fatin Beiner

Associate broker, BHG Rand Realty

Are New Yorkers driving a lot of the activity in the river towns?

I see a lot of buyers coming from Brooklyn,

Manhattan, Long Island and Queens. Groups that are active include the first-time buyers with no children, and also those who have one child and have lived in an apartment and can't take the small, compact space.

Which towns are performing best?

For single-family homes, Hastings takes the lead. The number of closed sales there increased 49 percent compared to last year's closed sales. In comparing average selling price, Ardsley took the lead, up 16 percent from last year, Irvington and Hastings were both up 6 percent and Dobbs went down 4 percent.

What are the biggest real estate challenges?

[The top challenge is] the high property taxes, for people who are interested in purchasing.

Marcene Hedayati

Broker owner/manager, William Raveis Legends Realty Group

Which of the river towns are performing best, and which are struggling most?

Hastings [saw] the greatest increase in activity from January through August this year — with 90 units sold versus 54 last year. Hastings is more of an eclectic town that attracts a creative crowd ... more hipster, if you will. Tarrytown also has seen a considerable increase with 85 units sold this year versus 61 in 2012. Tarrytown has increasingly become a destination village. It's larger than the rest of the towns, with more restaurants, retail and historical sites.

What sort of new retail is coming in, and how is that influencing the residential market?

Residential and retail markets are feeding off one another. As our buyers become trendier, so do the stores that serve them.

MELISSA DEHNCKE MCGILL

TheRealDeal.com is a daily blog and monthly magazine covering real estate in the New York metro area.

THE REAL DEAL

New developments

Patricia Neuwirth

Owner/broker, Hudson Homes Sotheby's International

What sort of new developments exist in the river towns or are coming down the pike?

We are a little land-locked. We have the Hudson River on one side and a major network of highways on the other. There are not lots of big tracts of land left, but there are two that are being developed right now. One is on the border of Tarrytown and Irvington. Those are going to be very expensive homes about \$4 to \$5 million. In Tarrytown, there is a development of 14 homes priced in the \$1.5 to \$2.5 million range. Townhouses in Tarrytown with river views can be \$2 million or more. The tract of the [old] General Motors plant, almost 100 acres, will get developed. There will be townhouses and mid-rises.

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3 BEDROOM	\$1,237 – \$1,494*	\$49,480
4 BEDROOM	\$1,329 – \$1,606*	\$53,160
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Tips for the first-time homebuyer

Advice. Gary Malin, president of Citi Habitats, shares his real estate wisdom.

Interest rates are creeping up, and you're tired of throwing away your paycheck on rent. More and more, home ownership feels right for you — even in this market. But before you start scanning listings, Gary Malin, president of Citi Habitats, offers this advice.

Study up

"First and foremost, you need to [research and] understand the market conditions, which makes the process less scary for people," he says. "Once they understand that there's tight inventory, they understand that prices are a certain way."

Set a price

"You should always set a price for which you're willing to spend," Malin says. "Obviously everyone wants to get a deal. But in this market, which is a

hot, competitive market, with lots of potential buyers for very limited inventory, you may need to pay asking price or potentially above ask to secure the apartment of your dreams. So set a price point you're willing to go to. Try to obviously get it to be less, but if you have to get to that price point, don't get upset that you didn't get what you perceived to be a deal."

Have the papers ready

"Have all your finances ready to go — you've gone to your mortgage broker, you've been prequalified, you know what you can afford, you have your down payment ready. You've done everything to put yourself in the best possible position to close quickly, because you've done the due diligence

before actually going out and looking for a home. A lot of first-time homebuyers say, "Oh, I'm going to put my toe in the water." What happens when you find the home of your dreams but you ended up losing it because you dragged your feet on all the other things that somebody else was more prepared to act on? I think if you're going to make the decision to get into the market, you should go full-force. That doesn't mean you have to buy anything, but you want to put yourself in the best possible position to succeed if you do find something that you want."

Don't stress out

"The first thing I tell a first-time homebuyer is to have fun with the process. If you take the process so seriously,

Quoted

"Before buying, you need to say to yourself, 'Am I going to live here for at least five years?' And if you don't think so, maybe buying is not the appropriate decision now, because you have a lot of closing costs going in, and you also have a lot of closing costs going out." Malin

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Besides the money for a down payment and closing cost, Malin advises having some savings for the unexpected. "Anything can happen, like a refrigerator breaking down," he says. "It's nice to have some reserves when you're a homebuyer." / STOCKPHOTO

Your team

How to find a broker

"Speak to all the people you know that have bought," Malin says. "Personal references are the best way for most things to happen. Find out if they had a good experience with the individual. Do some research on that individual. If the person is in the market and they work for a reputable firm, the most important thing is to see if that person is someone you can relate to and they can relate to you."

You can really create the environment that you want. For instance, I'm a responsive human being. I get back to everyone that works with me very quickly. If I was going to be engaging a real estate broker the one thing that would be very important to me would be for them to understand the way I work. ... It makes a better working relationship."

issues that really aren't issues — like a homeowner who isn't negotiating with you — seem insurmountable. There are always ebbs and flows in the deal that ultimately work themselves out. But that's why you have people there, like an attorney and broker, to guide you. So enjoy the process. Be proud of what you're about to do, and rely upon the professionals there to keep an even keel, because if you get too emotional, it can make the process more frustrating."

Know when to walk to away

"Know when this deal is not working for you. Know what your drop-dead point is. Determine that before you start the negotiation process. If [the deal] gets beyond that point and if someone is trying to tell you why you should go outside of your comfort zone, walk away and find something else."



TINA CHADHA
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FORT LEE, N.J. — This fall's hottest new luxury rental building for NYC commuters is now open just steps from the George Washington Bridge.

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Twenty50's spectacular array of amenities include a dramatic two-story lobby featuring 24/7 concierge services, Business Cafe/Coffee bar, Library with seating

and a fireplace, and a Residents' Lounge/Billiards room. Outside on the landscaped terrace, a heated outdoor pool, lounge seating, barbecue grills and a fire pit are set against the stunning backdrop of the New York City skyline. An expansive state-of-the-art fitness center with Star Trac equipment rounds out the amenity offering. Onsite maintenance and covered parking are also available.

For more information about Twenty50 please visit www.RentTwenty50.com or contact the onsite leasing center at (855) 852-2050.

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Accessories from the S/S 2014 shows on our radar

Fashion month may be over, but that's not to say we haven't stopped thinking about it. Yes, skipping a season and projecting forward to spring, our minds (ahem, shopping lists) are on to lighter, brighter things, like pastel pink clutches and holographic sandals. Meet our favorite accessories for the season.

ALICE TATE
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PORTA-GAMING: LOOKING AT WHAT TO PLAY ON THE GO

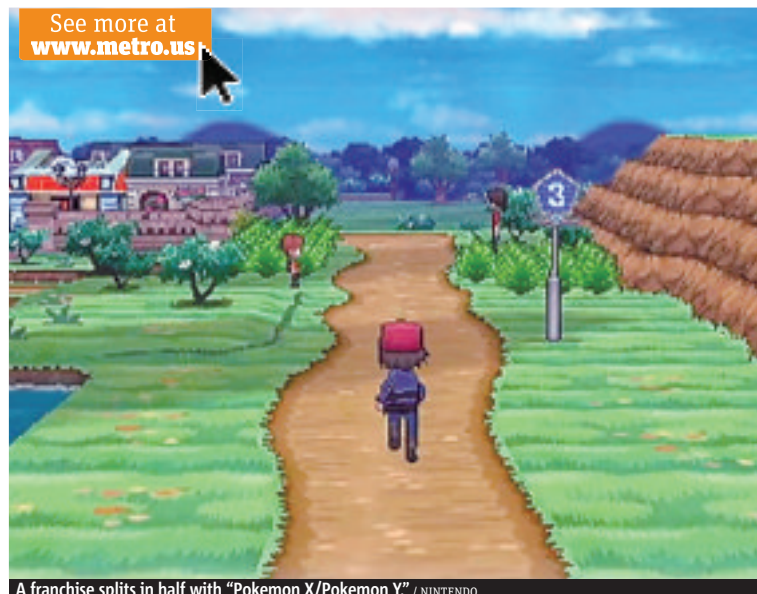
It used to be that we would have to power on our home consoles to experience the best role-playing games. All of that tiresome walking! Nowadays, however, portable systems are the way to go if you want to lose yourself in hours of play. Here are two newly released RPGs especially made for tiny screens.

'Rune Factory 4'

System: 3DS
Company: Atlus
.....

The "Rune Factory" series sounds ridiculous on paper. It's one part action RPG, one part farming simulation (!) and one part dating game. But somehow, through addictive game design and a charming aesthetic, these three disparate ideas come together to make something pretty great in "Rune Factory 4."

First of all, this game is funny. There are a whole bunch of characters and each one is more ridiculous than the last. It is also fast, which means that whether you are planting spinach, battling hordes of monsters or, uh, asking someone out on a date, the breezy pace assures it'll never feel like a chore. Of course, the idea of spending real time to plant fake produce might turn



A franchise splits in half with "Pokemon X/Pokemon Y." / NINTENDO

some people off.

'Pokemon X / Pokemon Y'

System: 3DS
Company: Nintendo
.....

Hide your kids, hide your wife (mostly the former, though). Pikachu and his battle-weary pals are back. It's been a long wait for fans of everyone's favorite animal slavery sim, but "Pokemon X" and "Y" are finally here. Is it good? Oh yeah. The first thing you'll notice is the updated graphics engine.



Sidescroller

LAWRENCE BONK

LAWRENCE.BONK@METRO.US



BlackBerry is having trouble competing in a marketplace crowded with new mobile technology. / GETTY IMAGES

Mobile

BlackBerry issues open letter to calm concerns

BlackBerry Ltd. on Monday sought to reassure its restive customers and partners that it was financially stable and "here to stay," even though it announced massive layoffs.

In an open letter published in 30 news outlets across nine countries, the company stressed that

customers can count on BlackBerry, despite the challenges it is facing.

A new line of smartphones that run on the BlackBerry 10 operating system failed to re-ignite sales, prompting the company to announce that it would slash its global workforce by more than a third last month.

"This is a very painful transition, but it will make us financially stronger," wrote the company. **REUTERS**

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Explaining the Affordable Care Act

You know the tiers — now it's time to choose your plan

If you are buying health insurance through an exchange, choosing the right health plan may feel like a daunting exercise. In the 36 states where the Department of Health and Human Services either fully or partially runs the Health Insurance Exchanges in 2014, consumers, on average, are able to choose from eight different insurance companies and 53 different health plan options.

So where do you start?

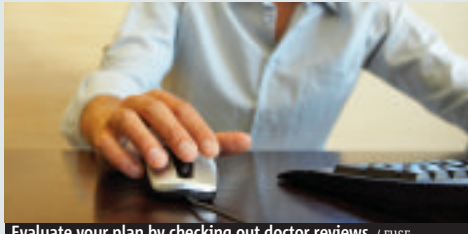
First, narrow your options by selecting a health plan tier — Bronze, Silver, Gold or Platinum — based on your expected medical needs. A healthy 50-year-old who only anticipates needing preventive care, barring an accident or an unforeseen event, will probably spend the least by choosing an option in the Bronze or Silver tier with a lower monthly premium. However, a 50-year-old who expects to need a knee arthros-

copy, an MRI, physical therapy and medications, will likely incur less total cost by selecting a Gold or Platinum plan that has a higher premium but less financial responsibility for the surgery and its aftermath.

The next step goes beyond cost. Carefully evaluate each insurance option based on each plan's network of providers. Plans offer access to different care providers, and the harsh reality is that the safety, complication and mortality rates of providers varies widely within a community.

Before you sign up for and pay for your health insurance, be sure that you use objective outcome data to select the plan option that includes the providers you need and want to be available for your care. The quality of hospitals and doctors is not equal.

Every week, Archelle Georgiou, MD, clinical adviser at Healthgrades, will explain one facet of the Affordable Care Act.



Evaluate your plan by checking out doctor reviews. / FUSE

Is ignorance bliss?

Health. Testing your genetic predisposition to disease could save your life.

Angelina Jolie made headlines this year for undergoing a preventive double mastectomy after testing positive for the BRCA1 gene, a mutation that indicates a high risk for breast cancer. Tests like the one Jolie took, which predict one's risk factor for genetic issues, are an option for those who want to get a kick-start on warding off disease. But if they inspire trepidation in the patient, are they worth the headache?

"Medical treatments have been demonstrated to work on a large population, but we know there's a huge variation among people," says Dr. Robert C. Green of Brigham and Women's Hospital and Harvard Medical School's Division of Genetics and Department of Medicine.

Dr. Green says personalizing medicine means greater efficiency in prevention and treatment; however, a lot of snake oil is being peddled in the form of clinical direct-to-consumer tests.

"We already have companies selling products



See more at
www.metro.us

Your blood may provide insight into your future health. / FUSE

A promising future

Ovarian cancer

A test measuring changes in the blood protein CA125, a known marker for tumors, could soon be implemented to detect early-stage ovarian cancer. If it's proven to work, "This would be of tremendous importance to the health of women," says Dr. Ross Berkowitz, director of Gynecology and Gynecologic Oncology at Brigham and

Women's Hospital. "Ovarian cancer is the leading gynecological cancer cause of mortality." The FDA has not yet approved the test, but that could change by 2015, says Dr. Karen Lu, professor and department chair of Gynecologic Oncology and Reproductive Medicine at The University of Texas MD Anderson Cancer Center, who is involved with the research efforts.

that are highly suspect," he says. "They make ridiculous claims. You need to use good judgment. If it sounds like pseudo-science, then it probably is."

Some tests, like those below, are already in use, and new research into ovarian cancer shows

promise for the future.

Heart disease

The CardioION test is a blood and urine comprehensive evaluation of the individual's nutritional status, regardless of car-

diovascular risk factors. "The best candidate for the CardioION test is the individual who wants to know far more beyond simple cholesterol level, someone with family history of premature heart attack or stroke before age 60," says Manhattan-based integrative medicine specialist Dr. Elena Klimenko. "This test helps us to identify nutritional deficiencies and prescribe vitamins to lower the risk of cardiovascular disease."

Response to IVF

Univfy is an online Q-and-A that determines a woman's success for IVF via a personal profile: age, BMI, reproductive history, blood test results, male partner's age and optionally, his sperm count.

"Fertility is a probability game, but each patient's probability of success is different, and it is impacted by her reproductive health profile," says Dr. Mylene Yao, co-founder of Univfy. "IVF can be very expensive. By helping women determine what are their chances of successful IVF, they can make a better choice of whether to continue."

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Health notes

To a tea

If you love getting creative with your tea — fall's the perfect time to start adding cinnamon sticks, by the way — consider creating your own signature blend for Numi Organic Tea. Using ingredients in its Artisan's Tea Blending Kit, whip up your own concoction and it might become the brand's newest offering. The winner also gets a trip to San Francisco and a private tea tasting at Numi's headquarters. Enter through Jan. 14; full

terms and conditions are at www.numitea.com.

Give your old coat a new life

Donate your old coat to activewear brand Lole's Yellow Label Program, which is inspecting, washing and repackaging pre-worn jackets and then selling them for \$40. All proceeds are going to Ample Harvest, which donates farmers' surplus produce to the needy. Learn more at www.lole-women.com/yellowlabel.

Exercise, fight cancer two ways

Your next workout can help slash your risk of breast cancer, and prevent the disease in others. All proceeds from this weekend's F*** Cancer fundraiser at ChaiseFitness will go to the charity, which supports efforts for early detection (90 percent of breast cancer is curable in stage 1!). Take a class for \$35 or sponsor a class (match the profits made) to help the cause. Get details at www.chaisefitness.com.

Food & Wine and Flywheel

The Food & Wine Festival is back in town this week, and if you plan on eating your face off (like us), you'll probably want to burn off some of those extra calories. Enter Flywheel, which with pro chefs Todd English and Josh Capon is hosting a special ride Saturday at 3 p.m. to benefit the Food Bank for New York City. Reserve your spot at www.flywheelsports.com. **MEREDITH ENGEL**



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Women's health. When should you get a mammogram?

Though a 2009 government task force declared that most women don't need mammograms until they're 50, many members of the medical community criticized it.

"Most doctors working in the breast cancer field don't agree with the 2009 directive," says Dr. Therese Bevers, Medical Director of the Cancer Prevention Center at The University of Texas MD Anderson Cancer Center.

The worry is that the decision now influences women to not get a mammogram.

"The directive kind of let them off the hook," Dr. Bevers says.

For younger women at low risk, Dr. Bevers says that breast health should be part of the annual physical exam, and any worries checked by a doctor. Ultrasounds are a good option for young women who find a lump because

their breasts may be denser. But anyone, at any age, who is considered at high risk for breast cancer — that is, women with a mother, sister or aunt who had breast cancer or ovarian cancer — needs more intensive screening.

"For [those] women we suggest supplemental screening every six months," Dr. Bevers says. "A breast exam and alternating mammograms and MRI." **LINDA CLARKE**

The magic number

40

"MD Anderson recommends that women at average risk get a mammogram every year beginning at age 40," Dr. Bevers says. "Women with a higher risk of breast cancer — including those with a strong family history or genetic predisposition — should speak with their doctor to find out when they should start having mammograms."



If you're at an increased risk, supplemental screening is recommended. / STOCKBYTE

How to do a breast self-exam

Breast cancer awareness. Early detection can save your life.

Dr. Marisa Weiss calls herself a dual-citizen in the world of breast cancer. Dr. Weiss, a practicing breast cancer oncologist at Lan-kenau Medical Center near Philadelphia, is the founder and president of Breast-Cancer.org, the world's most utilized online medical resource for breast health and breast cancer. She is also a breast cancer survivor since 2010.

Dr. Weiss, who wrote the book "Taking Care of Your Girls: A Breast Health Guide for Girls, Teens, and In-Betweens," strongly recommends performing breast self-exams once a month several days after your period, despite some controversy about their effectiveness. She urges women to be their own best advocates.

"Early detection gives you the best shot of treating the cancer," she says. "Breast cancer, in the early stages, has no symptoms. It doesn't let you know it is there."

The doctor suggests beginning the breast self-exam by inspecting your



The National Institutes of Health recommend you do a breast self-exam three to five days after your period starts. Do so standing in front of a mirror and lying down. / ABLESTOCK.COM

breasts closely in the mirror.

"You should take notice of changes in contour, rashes, indentations, nipple discharge and if one breast is bigger than the other," says Dr. Weiss.

Then, you should examine your breast either by moving the fingers up and down, traveling from the left to the right of the breasts as if mowing a lawn. Or, start at the nipple and move the fingers outward in a spiral. Examine areas close to your breasts

too, from the top of the collarbone, to the armpit, to the top of the abdomen.

"Each quadrant or neighborhood of the breast should feel different. The upper area, near the armpit, tends to have the most prominent lumps and bumps," she says. "The lower half of the breast feels like a sandy or pebbly beach. The area around the nipple feels like large grains and another part may feel like lumpy oatmeal."

The goal of a regular

Breast basics

Why the rise?

Dr. Weiss partially attributes the rise in incidences of breast cancer to women having children later.

"Breasts are not fully formed until you have a full-term pregnancy. Nature gave breasts the job of producing milk. They are immature until they get a job," she explains. Until they are fully formed, they are more susceptible to the hormones they come in contact with.

Skip that second drink

Along with breast self-exams, Dr. Weiss suggests five or fewer drinks per week to reduce your risk of breast cancer. "The risk of breast cancer increases with the amount of alcohol consumed."

exam is to familiarize yourself with how the various neighborhoods of your breast normally feel and look.

"Does something stand out as different from the rest, like a rock on a sandy beach? Has anything changed? Bring any changes in your breasts that last over a full month's cycle to the attention of your doctor," says Dr. Weiss.

LAURA GOODMAN
letters@metro.us

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Health news

Pregnancy mood swings linked to binge drinking

Location of study: Norway
Study subjects: 66,111 pregnant women

Results: A new study finds that anxiety and depression increase the risk of binge drinking during pregnancy, and that 12 percent of women binge drink during their first trimester and .5 percent in the second trimester. The study is published in *Acta Obstetrica et Gynecologica Scandinavica*, a journal out of Norway.
Significance: The National Institute on Alcohol Abuse and Alcoholism defines binge drinking for women as four or more drinks in two hours. Mothers who drink while pregnant risk premature birth, fetal alcohol syndrome and fetal death.

New clues for Alzheimer's



Be careful about imbibing with a belly. / WAVEBREAK MEDIA

Location of study: U.K.
Study subjects: Mice
Results: A drug that seems to stop brain cell degeneration in mice could lead to a treatment for Alzheimer's, Parkinson's and other degenerative brain diseases, according to researchers at the University of Leicester. Brain degeneration, such as Alzheimer's, is thought to be the result of proteins that build up, causing neurodegeneration. The

new study, published in *Science Translational Medicine*, finds that the brain normally stops this from happening by blocking all protein formation. But the brain needs certain proteins to do its job in other areas, and these proteins might be permanently restricted, leading to diseased brain cells. Alzheimer's patients have a large amount of protein build-up, which is likely to trigger the permanent

protein blockage.
Significance: Because the testing was in mice, "we are still far away from knowing if this has potential," the Alzheimer's Association in the U.S. said in a statement.

Meth found in workout supplement

Location of study: Global
Study subjects: Lab study
Results: Potentially dangerous amounts of a methamphetamine analog were found in the workout supplement Craze, according to a report published in *Drug Testing and Analysis*. The product is widely sold across the U.S. and online, and has not been safely tested for human consumption.

Significance: "In recent years, banned and untested drugs have been found in hundreds of dietary supplements," says lead study author Dr. Pieter Cohen, of Harvard Medical School.

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- My toes aren't straight - they are crooked, bent and hurt.
- I have painful calluses on the ball of my foot which keep building up.
- I have corns on my toes which get thicker no matter what shoe size I wear.
- The bottom of my heel hurts all day, but it's worse when I step out of bed in the morning.
- I have cramps in my legs which always happen when I walk the same distance.
- My ankles are swollen most of the time.
- My feet are always dry and scaly - sometimes they itch.
- My feet just hurt all over when I stand or walk a lot.
- I have numbness, burning, infection, persistent pain, skin rash, or open sores.

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SATURDAY APPOINTMENTS AVAILABLE



Horoscope

♎ Libra | Sept. 23-Oct. 22.
Put the people you enjoy spending time with first. Don't hold back if someone asks you how you feel.

♏ Scorpio | Oct. 23-Nov. 21.
Look at the big picture and discuss your plans with someone you feel can contribute to what you hope to accomplish. Opportunity will come from an unexpected source.

♐ Sagittarius | Nov. 22-Dec. 21.
Be aware of what's going on around you. Jump in and make changes to offset something you don't agree with or like.

♑ Capricorn | Dec. 22-Jan. 20.
You'll be offered favors and support if you present your requests to innovative recipients. Use emotional tactics.

♒ Aquarius | Jan. 21-Feb. 18.
Check out destinations that interest you, but don't put yourself in a vulnerable position. Journey to safe places and focus on health.

♓ Pisces | Feb. 19-March 20.
Your imagination will lead you on a magic carpet ride. Let your mind wander and your ideas grow. A new and exciting venture can bring in high returns.

♈ Aries | March 21-April 20.
Follow the current and drift down the path of least resistance. Your heart will lead you in the right direction.

♉ Taurus | April 21-May 21.
Taking a walk down memory lane will encourage you to look up old friends. Explore what's available to you for a richer life.

♊ Gemini | May 22-June 20.
You will be torn when it comes to your personal and professional goals. Give-and-take will be necessary, along with an honest evaluation.

♋ Cancer | June 21-July 22.
If you're feeling like you're in a rut, attend an event that could put you in touch with people who share your interests.

♌ Leo | July 23-Aug. 22.
Respond to an ultimatum with a plan that is difficult to refuse. Stay top of whatever situation you face.

♍ Virgo | Aug. 23-Sept. 22.
Size up your situation before making a move. Someone is likely to accuse you of meddling or not keeping your word. Take care of any complaints quickly. **BERNICE BEDE OSOL**

Sudoku: Easy and hard

1	7	9					6	
			6		4		8	
8		4	9					3
				6	1		4	
7				9				8
	1		8	5				
9					2	6		5
	8		5		9			
	3					8	1	9

5	3			6				7
				9		1	5	
		4			3	9	6	
	6			4	2			
3				6				1
		7	1			5		
7	5	6				9		
8	2		7					
4			6			7	8	

How to play

Fill in the grid so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Crossword

Across

- 1 Squirrel away
- 6 Earth goddess
- 10 Great Wall locale
- 14 Farewell
- 15 Middy
- 16 Ghostly noise
- 17 Twig junctures
- 18 Vampire's tooth
- 19 Sound piggish
- 20 Percheron (2 wds.)
- 22 Bear, to astronomers
- 23 Morays and congers
- 24 Hosp. employee
- 26 Remained loyal
- 30 Kind of pen (hyph.)
- 34 Go formal
- 37 Kinks' tune
- 38 Zeppo's brother
- 40 Foreign film ender
- 41 Feeling lousy
- 42 Texas town
- 43 Home in the woods
- 44 Tire trouble
- 46 Shield
- 48 Approves
- 49 Thought-provoking
- 50 Arrange for
- 53 Carefree soul (2 wds.)
- 59 "— be surprised!"
- 60 Bona fide

- 61 Expound at length
- 62 Went by horseback
- 63 Efficient
- 64 No social butterfly
- 65 Omani title
- 66 Glasnost letters
- 67 Jung's inner self

Down

- 1 Round of applause
- 2 Garbage bin output
- 3 Verdi opus
- 4 Coral ridge
- 5 Maids, often
- 6 Hug
- 7 Laughs heartily
- 8 Puts on
- 9 Tinseltown resident
- 10 Total, say
- 11 Yves' eve
- 12 Holm and Woosnam
- 13 Tuneful Paul —
- 21 Start of a bray
- 25 Layer
- 26 Unrehearsed (hyph.)
- 27 Comical
- 28 Parrot's word
- 29 NASA counterpart
- 30 Coxcomb
- 31 Lodge dwellers
- 32 Column type
- 33 Gist

- 35 Sis sibling
- 38 Wolfgang's homemaker
- 39 Fake it
- 40 Bacon feature
- 42 Stir-fry pan
- 43 "The Godfather" director
- 45 Have questions about
- 46 Kitchen gadget
- 47 Legal matter
- 49 Buys and sells
- 50 Ceremonial fire
- 51 Impend
- 52 Volkswagen kin
- 54 Yanks' adversaries
- 55 Golf club
- 56 Rajah's spouse
- 57 News morsel
- 58 Prefix for "trillion"

Yesterday's answer



Letters

The flu's on you, Metro

Re: 'One shot you won't regret the next day' (Metro, Oct. 7) The picture you show in the article is misleading. I am a nurse and was shocked to see the picture you posted in the article with the "nurse" holding a large 10-milliliter syringe with a large needle. It's scary enough to tell people they need to get a shot, but this is the incorrect needle and syringe. We want people to get the flu shot and this will make them think the needle and syringe is huge. They now offer an even smaller needle to be given subcutaneously. That would have been a better picture to show. I read your paper every day on the train, as do many other people. You reach a lot of people, and you had the opportunity to influence them to get the flu shot, but I fear that this needle scared them into not getting it. Hospitals and doctors are overrun with people who will not get the shot and then get the flu.

ANNE MARIE PETTIT, VIA EMAIL

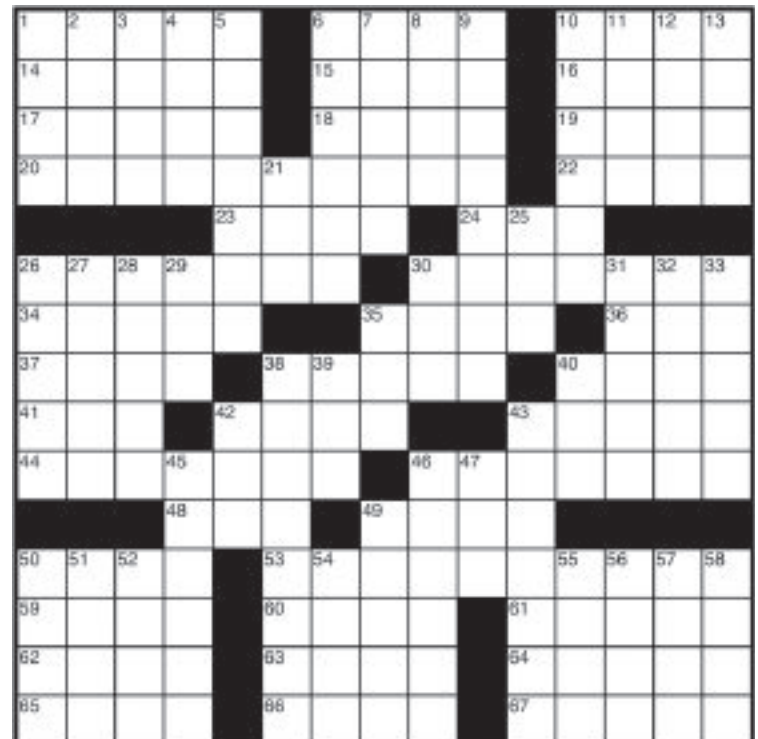
Government should get a little credit

Re: 'Negotiating is necessary' (Metro, Oct. 11-13) I am tired of reading false assertions from people making comparison between households and government. Governments, households and enterprises are three economic entities that do not function in the same way. If households cannot always borrow money, governments and companies do when they have a cash flow shortage. We have credit cards from banks and stores. Every month when you use credit card at Macy's or Marshalls, you spend more than you have; more than 90 percent of households in this country are doing that. Borrowing (credit) is necessary for the functioning of the economy.

JEAN KAZADI, VIA EMAIL

letters@metro.us

Keep them as brief as possible, preferably under 100 words. Metro reserves the right to edit all letters. Please include your name and contact info.





No rest 'til Brooklyn? Garnett fights day off



While Kevin Garnett sat out against his former team last night, Paul Pierce did play against Boston. / GETTY IMAGES

NBA. Kidd says he still plans to rest the veteran often.

For virtually any player in the NBA not named Kevin Garnett, the conversation about him getting a pre-season game off would be brief. If a player has logged a lot of minutes and the team is playing a third game in four nights, the response is usually "OK, no problem, coach."

For Garnett, the tone is more serious.

He drew laughs on media day when he said conversations about resting during the regular season had not "gone well" and Monday in Philadelphia said he was playing the "good soldier." But Garnett was serious about not wanting to take time off.

"I think, one, we're

playing three in four nights, and also he's been great for us up to this point in training camp, so I thought it was time to reward him and give him the night off even though he didn't want to," Kidd said. "I think he understands he can get his work in now and cheer the guys on."

"There's always going to be times that [we] are in agreement or disagree, you have to find what makes sense and this makes sense. It is preseason, but he's a competitor."

Kidd said he would take the time off later in his playing career, but not many have the competitive makeup of Garnett.

"I would do it during the season," Kidd said. "[But] that's the makeup of KG. He's a competitor."

LARRY FLEISHER
sports@metro.us

Raising No. 5

Nets prepare to honor Kidd

Hours before last night's game, there was a rehearsal of the jersey ceremony that will take place Thursday when the Nets hoist Kidd's No. 5.

Kidd said he wanted the ceremony to take place during a less distracting portion of the year, which is why it will take place in the team's final home preseason game.

"It goes without saying my coaches and teammates belong up there too because they were a big part of that," Kidd said. **LARRY FLEISHER**

Quoted

"We can do it right now. They can put it up. They don't need to hear from me."

Jason Kidd, Nets head coach
On wanting to get his retirement ceremony over with soon

3

SPORTS

Short stay

Giants cut Scott

Da'Rel Scott's second stay with the Giants this season was a short one. The team waived/injured the running back yesterday. Scott was injured against the Bears last Thursday. The team reportedly worked out former Browns and Chiefs running back Peyton Hillis.

'Kick' in the butt

Jets sign Cribbs, put Gates on IR

The Jets hope one of the best kick returners of all time can give their team a little relief at wide receiver.

Former Browns Pro

Bowl kick returner Josh Cribbs signed with the Jets yesterday. He may contribute on special teams, but also as a reserve for a banged-up receivers corps.

Clyde Gates was placed on injured

reserve yesterday with a shoulder injury and Antonio Holmes is still out a few weeks.

The Jets also signed wideout Greg Salas to the active roster from the Eagles' practice squad. **METRO**

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SPORTS 32

NFL power rankings | by Mike Greger

No. 1



Broncos (6-0)

Some would say Denver looked a little vulnerable against the pathetic Jacksonville Jaguars. While it's true Peyton Manning didn't cover the 27-point spread — and he threw an interception — the Broncos discovered a new wrinkle in their offense: a goal-line running game, thanks to running back Knowshon Moreno's three touchdowns.

No. 2



Seahawks (5-1)

Seattle jumps two spots despite a comedy of errors against Tennessee. As long as Marshawn Lynch plays, this team can win.

No. 3



Chiefs (6-0)

KC hasn't beaten a quality opponent, but the way this defense gets after the QB, we'll put them against anyone — even Denver.

No. 4



Patriots (5-1)

Part of it was luck, another part was bad play calling by the Saints. Either way, Tom Brady pulled out a comeback.

No. 5



Saints (5-1)

Sean Payton needs to go back to his riverboat gambling take on play calling in two weeks, after the bye.

No. 6



Colts (4-2)

Indy tumbles after a loss. Trent Richardson is still learning the offense and Andrew Luck's receivers need a cure for the drops.

No. 7



49ers (4-2)

Welcome back, Vernon Davis! The Niners needed a big game from him. Next, they need to trade for Hakeem Nicks.

No. 8



Packers (3-2)

The Pack stays put for now. But they'll be without dynamic playmaker Randall Cobb for and possibly James Jones.

No. 9



Bengals (4-2)

When Andy Dalton plays like he did last week, Cincy is dangerous. He threw three TDs, including his first since Week 3.

No. 10



Ravens (3-3)

If Baltimore didn't wait until the fourth quarter to start scoring points, they probably swap ranks with the Packers.

No. 11



Lions (4-2)

We'll repeat what we said last week — as long as Joseph Fauria is playing, the sky's the limit. Oh wait ...

No. 12



Cowboys (3-3)

This offense can get into a track meet with anyone. The defense, which is subbing in guys off the street, is what impressed us.

No. 13



Bears (4-2)

Chicago can cover in the secondary and create turnovers, but they'll need to shore up the run defense.

No. 14



Titans (3-3)

They're trying to weather the storm until Jake Locker returns from injury. They have another tough test this week, in San Fran.

No. 15



Eagles (3-3)

Nick or Vick? Philly is thriving with Nick Foles under center. If he beats Dallas get ready for a coronation.

No. 16



Dolphins (3-2)

It'll be interesting to see how the Fins bounce back from two-game skid after a bye. Miami must beat Buffalo this week.

No. 17



Cardinals (3-3)

Twelve touches isn't enough for Andre Ellington. We know Bruce Arians loves to pass, but the rookie needs a role.

No. 18



Chargers (3-3)

It was a big, impressive win over Indianapolis. But it should have been even bigger. You can't settle for field goals in the red zone.

No. 19



Browns (3-3)

Cleveland is in a tough spot. They could legitimately contend for a playoff spot if they had a quarterback.

No. 20



Rams (3-3)

Once the worst ground game in the NFL, it looks revitalized under Zac Stacy (161 yards in two starts).

No. 21



Texans (2-4)

Call Tom Petty, Houston is in total free fall mode. From the quarterback, to the coach, to the fans — it's all bad.

No. 22



Jets (3-3)

Geno Smith is on the usual rookie roller coaster and Mark Sanchez is making viral videos again.



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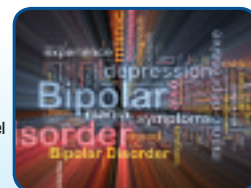
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NOTICE IS HEREBY GIVEN that a license, Serial # Pending for Beer & Wine has been applied for by the undersigned to sell Beer & Wine at retail in a Restaurant under the Alcoholic Beverage Control Law at 216 East 39th Street, New York, NY 10016 for on-premises consumption. Akane Japanese Restaurant Inc. d/b/a Aki Sushi.

NOTICE IS HEREBY GIVEN that a license, Number 1274121, for Beer & Wine has been applied for by the undersigned to sell Beer & Wine at retail in a Restaurant under the Alcoholic Beverage Control Law at 90 Eldridge St., New York, NY 10002 for on-premises consumption. Hui Huang Karaoke Inc.

NOTICE IS HEREBY GIVEN that a license, Number 1274244 for On-Premises Liquor has been applied for by the undersigned to sell Beer, Wine & Liquor at retail in a Restaurant under the Alcoholic Beverage Control Law at 163-08 Northern Blvd, Flushing, NY for on-premises consumption. Soolomoko Inc.

NOTICE IS HEREBY GIVEN that a license, Number 1271592 for Restaurant Wine has been applied for by the undersigned to sell Beer & Wine at retail in a Restaurant under the Alcoholic Beverage Control Law at 41-19, 41-21 162nd Street, Flushing, NY for on-premises consumption. HYO 98 LLC

Notice of Formation of One Source Medical Supply Group LLC.
Art. of Org. filed with Secy. of State of NY (SSNY) on 08/26/2013. Office location: Queens County. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: 134-47 166th Pl. Suite 4G, Jamaica, NY 11434. Purpose: Any lawful activity.

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NOTICE IS HEREBY GIVEN that a license, Number 1274076, for Restaurant Wine license has been applied for by the undersigned to sell Wine & Beer at retail in a Restaurant under the Alcoholic Beverage Control Law at 141 1st Ave, New York, New York NY 10003, for on-premises consumption. Milosun Sushi Inc.

NOTICE IS HEREBY GIVEN that a license, Number 1270409 for Restaurant Wine has been applied for by the undersigned to sell Beer & Wine at retail in a Restaurant under the Alcoholic Beverage Control Law at 41-25 162nd Street, Flushing, NY for on-premises consumption. Gamasot in New York LLC

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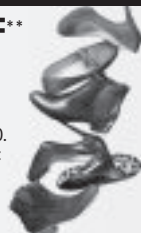
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